Definitions

Anchor point
An anchorage is a secure point of attachment for lifelines, lanyards, or deceleration points

Connectors
An anchorage, a lanyard, and a body harness are not useful until they are linked together. Connectors do the linking; they make the anchorage, the lanyard, and the harness a complete system. Connectors include karabiners, snap hooks, and D-rings.

Karabiner
This high-tensile alloy steel connector has a double action locking gate.

Snap hook
A hook-shaped member with a keeper that opens to receive a connecting component and automatically closes when released. Locking snap hooks have self-locking keepers that won't open until they're unlocked. This hook is usually used on lifelines.

Scaffold hook

D-ring
D-rings are the attachment points sewn into a full-body harness.

Full body harness
The full body harness has straps that distribute the impact of a fall over the thighs, waist, chest, shoulders and pelvis. Full-body harnesses come in different styles, many of which are light and comfortable. Before you purchase harnesses, make sure that they fit those who will use them. A full-body harness should include a back D-ring for attaching lifelines or lanyards and a back pad for support.

Lanyard
A lanyard is a specially designed flexible line that has a snap hook at each end. One snap hook connects the body harness and the other connects to an anchorage or a lifeline. Lanyards must have a minimum breakage strength of 15Kn. They come in a variety of designs, including self-retracting types that make moving easier and shock-absorbing types that reduce fall-arrest forces.

Shock-absorbing lanyard
A shock absorber reduces the impact on a worker during fall arrest by extending. Always estimate the total distance of a possible fall before using a shock-absorbing lanyard.

Self-retracting lanyard
Self-retracting lanyards and lifelines offer more freedom to move than shock-absorbing lanyards. Each has a drum-wound line that unwinds and retracts as the worker moves. If the worker falls, the drum immediately locks.

Work positioning belt
System used to allow hands free work in more difficult accessible positions, e.g. on structures and poles.

Rope grab unit
A rope grab allows a worker to move up a vertical lifeline but automatically engage and locks on the lifeline if the worker falls.

Lifeline
A lifeline is a cable or rope that connects to a body harness, lanyard, or deceleration device, and at least one anchorage. There are tow types of lifelines, vertical and horizontal.

Vertical lifeline
A vertical lifeline is attached to an overhead anchorage and must be connected directly to a worker's full-body harness, lanyard, retractable device, ore rope grab.

Horizontal lifeline
The horizontal lifeline stretches between tow anchorages. When you connect a lanyard or rope grab to the horizontal lifeline, you can move about freely, thus reduce the risk of a swing fall.

Restraint
Restraint lanyards are primarily used for travel restrictions and work positioning. Lanyards for travel restrictions are used to restrain a worker from reaching a fall hazard